

★  
ALL-IN-ONE  
CLOTH  
MENSTRUAL  
PAD  
★

CUT 2  
WITH  
WINGS  
(FOR TOP +  
BOTTOM OF  
PAD)  
OF FLANNEL

USE 1-4 INNER ABSORBENT LAYERS  
OF TOWELING OR COTTON BATTING

CUT HERE  
FOR OUTER  
LAYER PATTERN

← CUT HERE  
FOR INNER  
LAYER PATTERN

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1/4 INCH SEAM ALLOWANCE

